Building hope and empowering lives through the lens of palliative care

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ABSTRACT

Introduction: In palliative care, hope often transcends cure. This presentation explores the role of hope as a dynamic, evolving force that continues to influence patient well-being even in the face of life-limiting illness. Drawing upon theoretical models and real-world clinical experience, we discuss how healthcare professionals can nurture hope in patients navigating advanced cancer. **Materials and Methods:** Theoretical perspectives, including Snyder's Hope Theory (comprising goals, pathways, and agency), were applied in clinical practice to support patient-centered care. A case study of a 71-year-old man with metastatic colorectal cancer is presented to illustrate how palliative care interventions can sustain hope and dignity until end of life. A review of other qualitative studies related to hope were identified: the nature of hope, its sources and barriers, and its manifestations. **Results:** Outcome of the case presented is discussed based on literature examining components of hope and methods to foster them. Hope was found to be sustained through trust, communication, symptom control, spiritual support, and the fostering of short-term goals. Even when cure was no longer possible, hope remained—enabling meaningful experiences. **Conclusion:** Hope in palliative care is not static nor dependent on prognosis. It is a resilient, subjective experience that enhances quality of life when nurtured through relational, emotional, and practical support. Recognizing and supporting hope in all its forms is essential to holistic palliative care

Keywords: Hope, palliative care, advanced cancer